



# Congratulations, graduates!

## FM Residents Graduate, 100% Board Certification

Rear Adm. William (Bob) Kiser (Dr.) (Ret.) addresses the graduates of the ninth annual Family Medicine Residency Graduation at Marston Pavilion, June 28.

Page 4

U.S. Navy photo by Mass Communication Specialist 2nd Class A.J. Jones



# Standing Against Sexual Assault



Master Chief (AW/SW)  
Edward Moreno  
Command Master Chief

I'm so excited summer is here! There is so much to do, whether it be going to the beach, hanging out with friends, having barbecues, you name it! There's always something you can do here in Camp Lejeune.

This year my family and I are taking advantage of going to the beach. We also recently took some time off and rented a cabin in the mountains near Asheville, NC. We had a blast! It was just a relaxing setting, and we had the chance to eat some good old country cookin'. Mmm mmm good!

Lena and I have been aboard a year now, and boy time flies when you're having fun. I never thought I'd find another command with as high of an op-tempo as we had back in my carrier days, but the Naval Hospital answered that challenge.

Being at the Naval Hospital is extremely rewarding and every day is filled with something new, like our recent Sexual Assault Prevention Response (SAPR) stand down this past month. I want to thank everybody for their participation in the stand

down. I'd also like to thank everyone involved in putting that training together to make it a success.

I was really impressed in the quality of the training, and how effective it has already proven to be. All of us here at the Naval Hospital should know the ins-and-outs of SAPR, and know what to do to help prevent sexual assault. We should also understand that there's never anything right about blaming the victim. I believe we can all agree that holding the perpetrators accountable is the best way to eradicate sexual assault, and removing the stigmas about sexual assault will create a work environment that we can all be proud of.

I'm confident that we are up for the challenge of being bystanders who know that our role is more than just caring for and protecting the victim. Our role is also making sure that we are vigilant about looking at perpetrators, and holding them accountable.

As Sailors, we live up to our core values of honor, courage and commitment. We are committed to excellence and the fair treatment of all. These are the values we swore to uphold upon our enlistment, and they should be followed, both in and out of uniform.

CMC OUT!



If you need to report a sexual assault, contact your Uniformed Victim Advocate (UVA) at 910-378-5866 or call the Safe Helpline at 1-877-995-5247. You can also text your zip code to 55-247 for UVA contact information, or go to [www.SafeHelpline.org](http://www.SafeHelpline.org)

## Captain's Calls Discuss Furlough



U.S. Navy photo by Hospital Apprentice William Cagle  
NHCL's Commanding Officer Capt. David A. Lane talks to civilian Federal civil service employees during a series of Captain's Calls throughout the week of June 17, focusing on the topic of the Department of Defense furlough.

## Join the Conversation!



Ask a question. Leave a comment.

Tell us a suggestion!

Read the latest about NHCL!

If you're not online, you're out!

[www.facebook.com/nhclejeune](http://www.facebook.com/nhclejeune)

## scut-tle-butt

n.

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff and beneficiaries to get 'insider info'

Commanding Officer, NHCL

Capt. David A. Lane

Editor-In-Chief

Raymond Applewhite

Managing & Layout Editor

Anna Hancock

Graphic Designer

Kelly Pursel

Contributing Writer

Mass Communication Specialist 2nd Class A.J. Jones



*Scuttlebutt* is an authorized publication for Marines, Sailors, retirees and family members. Its contents do not necessarily reflect the official views of the U.S. government, the DoD, or the Naval Hospital Camp Lejeune Public Affairs Office. *Scuttlebutt* follows the Associated Press Stylebook and CHINFO guidelines for Navy news writing. The editorial content of this publication is the responsibility of the Public Affairs Office, Naval Hospital Camp Lejeune, N.C., 28547-2538. Questions or comments can be directed to the Editor-In-Chief, phone 450-4463, or the Managing Editor, phone 450-3501. Content may be submitted via email to [nhclpao@med.navy.mil](mailto:nhclpao@med.navy.mil). All story contributions must be in a Word document format and photo contributions no less than 300dpi.

# Healing Wounds Through Art Therapy

By Anna Hancock | Deputy Public Affairs Officer



U.S. Marine Corps photo by Cpl. Charles T. Clark

*Exhibit attendees read descriptions of the artwork displayed during Naval Hospital Camp Lejeune's art therapy art exhibit themed, "Healing Wounds Through Expressive Freedom" held on the hospital quarterdeck June 7. The exhibit featured more than 30 pieces of artwork created by patients undergoing treatment in HCL's art therapy program.*

Naval Hospital Camp Lejeune's (NHCL) art therapy program art exhibit came to a close June 14, after more than a week of thought-provoking display on the hospital quarterdeck.

Themed, Healing Wounds Through Expressive Freedom, the purpose of the exhibit was three-fold. It was designed as a therapeutic platform for patients to display and discuss the experiences that inspired their artwork, and to serve as a unique aesthetic experience teaching exhibit goes about the benefits of art therapy. For many patients, it posed as a challenge for them to conquer, as they publically talked about overcoming the stigma surrounding seeking treatment for mental health and wellness.

"Art therapy can be an integral part of the healing process for many service members who have experienced a trauma and who are looking for ways to transform their lives and move forward with a stronger sense of identity and resilience," explained NHCL's Art Therapist Gayla Elliott. "Most of our patients are overcoming post traumatic stress from combat-related experiences, but this modality can also be effective for patients who have experienced traumatic brain injury as well."

With more than 30 pieces of artwork, the exhibit featured paintings, drawings, masks, sculptures, and poetry. Patients and their family members stood next to their art throughout the week, discussing their combat trauma experiences that led to their creations.

"My husband had delayed post traumatic stress disorder," explained Lali Vega, a spouse of one of NHCL's art therapy patients. "I started noticing symptoms, and he decided to get help. Art therapy has done well for him, taken him out of his shell."

One of the most notable successes of art therapy, according to Elliott, is how it gives a voice to patients who have experienced trauma, but are either reluctant to get help or have difficulties talking about their experiences. She also noted how most of the patients have little or no experience working with the various mediums of art therapy.

"Unconscious material is often shown through art," said Elliott. "Even if the artwork is not mechanically perfect, the content has deep meaning for the patient and once it is put on paper, the patient can see both the art and the problem

face to face. I help the patient understand the images and the best methods to overcome what is depicted."

NHCL's art therapy program treats approximately 50 patients per week in group and studio sessions and individual counseling appointments. It was established in 2009 as part of the hospital's Mental Health Directorate and is used as an adjunct therapy that integrates the fields of human development, visual art, and the creative process through models of counseling and psychotherapy. It continues to be one of NHCL's most effective post-traumatic stress disorder treatment programs.

NHCL's art therapy program also focuses on helping patients learn how to resolve conflict, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem, achieve insight, develop hand-eye coordination and increase concentration and focus.

"Sometimes when we're discussing his artwork, it feels like we're going backward, reliving the trauma, and it hurts," said Vega. "But really, we're moving forward and it lets me see what he sees through his art since he doesn't speak about it. And our family and his career has been better because of it."

*NHCL offers group, studio and individual art therapy sessions. For information on referrals or the studio sessions, please talk to your provider or call 450-5486.*



# Family Medicine Residency Achieve 100% Board Certification

**By Raymond Applewhite**  
**Public Affairs Officer**

Naval Hospital Camp Lejeune held the ninth annual Family Medicine Residency Graduation Ceremony June 28, aboard Marine Corps Base Camp Lejeune, N.C.

The ceremony featured retired Rear Adm. William (Bob) Kiser (Dr.), former commander of Navy Medicine East as the guest speaker who motivated the graduates about their role in Navy Medicine.

“Military men and women going into harms way will always be within earshot of hospital corpsmen and Navy Medicine,” said Kiser. “There are three things that I want to suggest to you today that I feel will add to your success.”

Kiser spoke directly to the graduates and told them to invest in themselves and each other. He reminded them that their success today means that somewhere along the way, someone put their arms around them and offered encouragement. He also reminded them to live the Navy’s core values of honor, courage and commitment with reckless abandon and to never forget that it is not about them, but about the people they serve as physicians.

Family Medicine physicians provide a wide array of treatment ranging from preventive medicine to the diagnosis and treatment of chronic illnesses. They are valuable members of the Navy Medicine health care team. Once the training is complete they are available for world-wide assignment. After completing the rigorous training program at Lejeune the new doctors have orders in hand and will report to their next duty station.

“The caliber of graduates from our senior class is stellar. All of them passed their American Board of Family Medicine board certification exams in April prior to graduation. It has been an honor to work with each one of these outstanding family physicians,” noted Dr. Phyllis MacGilvray, family medicine program director. “The intern class graduating this year are the ‘cream of the crop’ in regards to all interns we’ve graduated from this program. I’ve never seen a class this talented, this motivated, and this collegial in my experience.”

Of all the graduates, three of them will remain at the command to continue residency. Others will transfer commands and fill respective billets as a general medical officer, undersea medical officer and flight surgeon, while some will report for overseas assignment or embark aboard ship.

The op-tempo and rigorous training by Marines and Sailors at Lejeune makes it an excellent place for providers to train and work. It provides a mixed patient base ranging from newborns to senior citizens. The interns get the full gamut of training and participate in clinical rotations to include the emergency room, trauma, orthopedics, intensive care, ward medicine, ob-gyn, pediatrics, psychiatry, podiatry, and surgery.

In December 2012, the command was notified that the program was awarded a 5-year accreditation status by the Accreditation

Counsel of Graduate Medical Education (ACGME), which is the maximum amount of time that a Family Medicine program can receive accreditation.

NHCL’s Family Medicine program is the first to receive zero citations. Additionally, the program had a 100% board certification pass rate for all senior residents in the graduating class.

“It is no easy tasks to get to where they are today, the training is designed to teach and test them. During the three year residency they received nearly 750 hours of lectures, spent 114 nights on call and delivered or helped with the delivery of 104 babies, and helped admit 372 inpatients,” said Capt. David Lane, commanding officer, Naval Hospital Camp Lejeune.

“I am the first in my family to become a doctor. My parents made many sacrifices

to help get me where I am today. Most of my motivation since graduating high school was making sure their sacrifices weren’t wasted. It really has not set in yet that I’ve made it,” said Lt. Nathan Hemerly, FMR graduate.

The Family Medicine Residency program started at NHCL in June 2003. Five interns and four residents were enrolled in the first class. Today’s graduation means that a total of 51 family physicians have completed the rigorous training that is required to become a board certified Family Medicine doctor.

“...During the three year residency they received nearly 750 hours of lectures, spent 114 nights on call and delivered or helped with the delivery of 104 babies, and helped admit 372 inpatients...”

**- Capt. David A. Lane (Dr.)**  
**NHCL’s Commanding Officer**

# Residents Graduate



U.S. Navy photo by Mass Communication Specialist 2nd Class A.J. Jones

A graduate from the Naval Hospital Family Medicine Residency Program stands to receive her graduation certificate from (left) Cmdr. Ingrid Sheldon (Dr.), director of Family Medicine Obstetrics for NHCL; Dr. Phyllis MacGilvray, director of the Family Medicine Residency Program; Rear Adm. William Kiser (Dr.) (Ret.), guest speaker for the graduation ceremony and Capt. David Lane (Dr.), commanding officer of NHCL.



U.S. Navy photo by Mass Communication Specialist 2nd Class A.J. Jones

Lt. Stephanie Fofi (Dr.), right, and Lt. Cmdr. Jason Gordon (Dr.), middle, present Rear Adm. William (Bob) Kiser (Dr.) (Ret.), far right, an award from the graduating residents of the Family Medicine Residency Program during the graduation ceremony at Marston Pavillion, June 28. Kiser was the guest speaker for the ninth annual graduation ceremony.

## Congratulations Graduates!

### Graduating Obstetrics Fellow

Lt. Cmdr. Elizabeth A. Leonard (Dr.)  
Orders: Naval Hospital Camp Lejeune

### Graduating Family Physicians

Lt. Cmdr. W. Malcolm Brown (Dr.)  
Orders: Naval Construction Regiment 30  
Port Hueneme, CA

Lt. Stephanie M. Fofi (Dr.)  
Orders: U.S. Naval Hospital, Okinawa

Lt. Cmdr. Jason A. Gordon (Dr.)  
Orders: USS Emory S. Land (AS 39)

Lt. Nathan J. Hemerly (Dr.)  
Orders: U.S. Naval Hospital, Yokosuka, JN  
Branch Health Clinic, Iwakuni

Lt. Michael J. Rosedale (Dr.)  
Orders: Naval Hospital, Lemoore, CA

### Graduating Interns

Lt. Kenneth L. Bull (Dr.)  
Orders: Undersea Medicine

Lt. Brian J. Burke (Dr.)  
Orders: PGY2 Residency

Lt. Bianca K. Chun (Dr.)  
Orders: PGY2 Residency

Lt. Paige Dudley (Dr.)  
Orders: Flight Surgery

Lt. Michael J. Fedewa, Jr. (Dr.)  
Orders: PGY2 Residency

Lt. Anna M. Torgeson (Dr.)  
Orders: Marine Air Group 29  
Marine Corps Air Station, New River, NC

# HOSPITAL ROUNDS

## Hospital Corps Birthday



U.S. Navy photo by Hospital Apprentice William Cagle

Command Master Chief Edward Moreno, alongside Hospitalman Recruit Javell Glover and Chief Hospital Corpsman John Stemple, cut the cake in honor of the Hospital Corps 115<sup>th</sup> birthday. Following a naval tradition the youngest and oldest sailors present cut the cake during a ceremony on the Naval Hospital Camp Lejeune's quarterdeck on June 17.

Did you think you waited too long for your appointment here at NHCL?

### One of 3,482 appointments in June could have been yours...

If the patient who did not show up to their appointment remembered to cancel it! Every time you forget to cancel your appointment, you are taking an appointment from someone else who could use it. Let's work together to reduce the wait times for patients.

**Please call 450-4357 (HELP) to cancel or reschedule.**

Naval Hospital Camp Lejeune's Galley hours of operation expanded!  
Find out what's cooking on the command intranet.

Breakfast: 6:15 a.m. to 9:15 a.m.

Lunch: 11:00 a.m. to 1:00 p.m.

Dinner: 4:30 p.m. to 6:00 p.m.

Night Meals: 11:00 p.m. to midnight

**The galley also now accepts credit cards!**

## DFA Offers Patient Transport Service

Director for Administration introduces Patient Transport Service for patients throughout the hospital to make the patient experience as convenient and personalized as possible. For patient transport services, please call the quarterdeck at **450-4722**. Services are available from 6:00 a.m. to 6:00 p.m.

## Upcoming EFMP Forum

NHCL's Exceptional Family Member Program (EFMP) will be hosting Gabrielle Martino from Disability Rights NC on July 12 from 9:30 a.m. to 10:30 a.m. in building 40 room 136. In this session, Martino will review the history of the organization, explain the role of protection and advocacy agencies in our nation, describe the organization's role in systems change in NC, and outline the services that Disability Rights NC provides to people with disabilities. All are invited to attend. For more information, contact Daryl Witt at **451-4103**.

## Dental Clinic Relocated

The Dental Clinic reception services center will be located at NHCL on the first floor in classroom B. The hours of operation are Monday through Friday from 6:30 a.m. to 4:30 p.m.

For pediatric, TMJ, and general dentistry services, patients will be seen at building 65 on Lucy Brewer Ave. Patients receiving dental hygiene and oral surgery should go to French Creek at building 308 on HM Smith Blvd.

All patients will need to pick up their records prior to their dental appointment.

For more information or questions, call **450-4740**.

### Join us for staff yoga in the chapel!

Monday at 4:20 p.m.

Thursday 12:15 p.m.

Yoga mats and equipment provided.

*For more information call **450-3752**.*

Have a story idea for *Scuttlebutt*, Navy Medicine Magazine, Navy Medicine Blog or think may be newsworthy for local media? Then contact public affairs! Call **450-4463** or **450-4501** to discuss your story.



# Fighting Substance Abuse With 'Rum and Vodka'

By Anna Hancock  
Deputy Public Affairs Officer

Naval Hospital Camp Lejeune added a twist to the command substance abuse awareness and prevention training with a dramatic reading from Outside the Wire's "Rum and Vodka" on the hospital quarterdeck June 12. The reading served as a catalyst for a discussion about substance abuse, alcoholism, stigma and how substance abuse affects lives, careers and relationships.

The program was co-sponsored by Headquarters Marine Corps Safety Division and Marine Corps Community Services Marine and Family Programs Division and hosted by the naval hospital. The command's Pastoral Care Department brought the program to NHCL to supplement the Navy and command's training programs on substance abuse.

"The playwright wrote this during a period in his life where he frequently drank alcohol in excess," said Bryan Doerries, artistic director and co-founder of Outside the Wire. "We came to you, not

to tell you we are like Navy Sailors, but to perform a play and distance ourselves from you and to engage in dialogue with you."

Actor Brendan Griffin read an excerpt from the one-man play, depicting a dramatic, fictional confession of a 24-year old who on a three-day drinking binge loses his job, cheats on his wife, and nearly destroys his family. By drinking, the character believes he can cope with his anger, shame and disappointment with a life he feels he did not choose for himself. The reading ended on a dramatic note by the character exclaiming he can no longer bare it, intentionally leaving the ending open to interpretation.

Shortly after, the artistic director escorted two Sailors on the stage who shared their personal interactions with substance abuse and how it affected their lives. Both talked about how they overcame the challenges and moved forward with successful careers in the Navy. Then the artistic director facilitated a dialogue between members of the audience and the panel.

SEE RUM AND VODKA page 8

## Hospital Takes Base Championship

By Michael Williams | Screamin Seamen Coach  
Emergency Department

With tropical storm Andrea threatening to postpone the championship game, and clouds hanging low, the Naval Hospital Camp Lejeune Screamin Seamen took the field in an effort to bring another championship trophy back to the hospital.

Facing a very competitive 2D Tanks team that had just squeezed by 8th Marines in a nail biter of a game to reach the championship game from the losers bracket, they had a long road ahead of them having to win twice against the hospital to finish in first place.

As the fans cheered, the Screamin Seamen took the field and as usual put on a great defensive show, holding tanks to just one run through the first six innings. But tanks fought hard, and with some good defense of their own kept the hospital to just one run in the first couple of innings. Then with two outs in the third inning the naval hospital threatened, with a few key hits and a walk they loaded the bases when Lt. Matt Mahek came through with a big three run triple before tanks finally got that third out making it a 4-1 game after three innings. Tanks were able put a few base runners on through the next couple of innings but with some great defensive plays on the hospital's part were unable to put anyone across the plate.

The Screamin Seamen continued to play solid ball and took the field in the top of the 7th inning with a 7-1 lead. With a six run lead that allowed the hospital team to play conservatively and trade a couple of runs for outs and the hospital did just that. The hospital team did not want to give up a big inning on errors, they took the easy outs as they came. Then with two outs and the naval hospital still holding a 7-4 lead, tanks hit a little blooper into shallow left



Courtesy Photo

*Naval Hospital Camp Lejeune's intramural softball team, Screamin Seamen, pose for a group photograph after winning the championship game and taking the title for the Marine Corps Base Camp Lejeune Intramural Sports Champion.*

field, With left fielder, Hospital Corpsman 3rd Class Milo Mata charging the ball and the rest of the team and fans holding their collective breaths, Mata dove, arm extended and glove out the ball dropped into his glove ending the 2013 Season with the Screamin Seamen winning the base championship.

Thankfully the rain continued to hold out as a very emotional team and fans gathered for the awards ceremony after congratulating the runner up 2D Tanks, the Screamin Seamen happily accepted their team trophy and individual awards.

# Proud, Tough, Strong and Determined to Stand Against PTSD

By April Storey  
Health Promotion and Wellness Department



Naval Hospital Camp Lejeune (NHCL) and Marine Corps Community Services (MCCS) held the first annual Post Traumatic Stress Disorder (PTSD) awareness informational fair at the Camp Lejeune Marine Corps Exchange in support of PTSD Awareness Month, June 14th.

The event featured information provided by Military Pathways, a mental health self-assessment screening program co-sponsored by the Department of Defense and the nonprofit organization, Screening for Mental Health. This year's theme was "Proud, Tough, Strong, Determined (PTSD): It takes a different kind of courage."

According to Military Pathways, it is projected that 2.2% of the American population, about 7.7 million people, may have PTSD symptoms. In the military, it is estimated that approximately 11-20% of Iraq and Afghanistan veterans, 10% of Gulf War Veterans, and 30% of Vietnam Veterans experience PTSD.

"It is estimated that many cases are unreported or go untreated," said James Askins, department head, NHCL health promotion and wellness department head. "We need to raise awareness of this issue to help those affected understand PTSD and where to find help."

NHCL and MCCS staff provided approximately 600 Marines, Sailors, retirees and their family members with PTSD information on how to recognize symptoms, overcome social stigmas associated with PTSD, and how service members and their families can seek help. Information on various workshops about adapting to military life, preparing for a deployment or reunion, and reintegration was also available, recognizing that staying keen on symptoms and resources during deployment cycles was important to getting help.

"PTSD awareness is absolutely important," said Master Sgt. Joel Weber. "I work in 2D Marine Division where the majority is combat Marines. Division is where the rubber meets the road, so PTSD awareness is important for the men."

NHCL regularly partners with MCCS to provide outreach and educational events for commands throughout the Camp Lejeune area. Resources ranging from group classes, to command training to anonymous text messaging or smart phone applications are available for Marines, Sailors and family members who need help.

"I believe it does take a different kind of courage to ask for help and find solutions to PTSD problems," said Askins. "Learning the facts and getting assistance from others concerning PTSD is the only way to solve PTSD problems. Knowing when, where, and how to get help is the key."

*If you need help or know someone who does and would like more information on confidential resources, go to [www.militarypathways.org](http://www.militarypathways.org).*

## RUM AND VODKA from page 7

"In a health care facility that cares for Marines and Sailors, there are many who are diagnosed with traumatic brain injury (TBI)," said Cmdr. Julie Green (Dr.), directorate of surgical services after the director asked for feedback about why people drink. "Sometimes they choose to drink to get the calming or relaxing effect which helps mitigate their TBI symptoms. It is our responsibility as health care workers to recognize if or when that happens and get them help."

Doerries noted how the playwright's drinking continued for 17 years and led to eventual organ failure. What he called gradual suicide.

"Which leads me to my toughest question," said Doerries. "What would you do if you knew someone who didn't recognize they may have a problem? Or who was afraid to ask for help? How would you help them?"

According to the command master chief, in keeping with the Navy's Keep What You've Earned campaign against substance abuse and the Navy's ship, shipmate, self culture, one of the first steps in getting help or helping others starts with the Sailors themselves.

"If you see a shipmate who normally performs at a certain level, or when you ask him or her how the day is going, and you notice that they don't respond how they typically would, ask them, 'Hey shipmate, are you OK?,'" said Command Master Chief Edward Moreno. "A lot of Sailors have trouble asking for help when they need it. It's up to us to take care of one another and look out for each other."

The command intends to continue reaching out to Sailors, staff and patients to lessen the stigma surrounding asking for help, and to increase the education about substance abuse and the resources offered by the command.

"The feedback on the program was fantastic," said Lt. Cmdr. Paul Rumery, NHCL's staff chaplain who organized the event. "Watching how engaged the Sailors were and hearing how they trusted each other enough to open up to the audience and share such personal stories was touching. It was clear that in some way, substance abuse affects most people directly, or indirectly. And that we are all willing to help each other and make sure our lives, our careers stay on a positive track."